

# BRIDGES

WEDNESDAY, MARCH 26, 2014

## INVENTORY:

Top picks from Tamarack, a general store for modern times **P.2**

## CITY NEWS:

Promoting a healthy lifestyle one school at a time **P.4**

## SHARP EATS:

Get off the buffet line to experience the best South Asian food **P.26**

A STARPHOENIX COMMUNITY NEWSPAPER



## A STUNNING HUSKIES DEBUT

A MAGIC OVERTIME GOAL WAS JUST ONE HIGHLIGHT IN KAITLIN WILLOUGHBY'S REMARKABLE FIRST SEASON **P.8**

**FREE**

# INVENTORY

We want to hear from you: Tell us about your story idea.  
Email: [bridges@thetarnphoenix.com](mailto:bridges@thetarnphoenix.com)

## # TAMARACK GENERAL STORE

Tamarack is a modern general store with a range of functional household products designed to make your day-to-day life a little more pleasant.

Many of the items — ranging from wooden kids' toys and chocolate to wood throws and reclaimed wooden spoons — are crafted in Canada.

The store is located at #102-638 Broadway Avenue (between 10th and 11th) and is open Wed. to Fri. 10 a.m. to 5:30 p.m. and Sat. from 10 a.m. to 3:30 p.m.

1. PATRIC CHOCOLATE: \$9.50

2. BAGGIE GROCERY BAGS: \$9

3. HELLA NEON SLIMS: HOT U.S. — \$32.10 (set of 10) — \$45

4. QUADRON OIL LAMPS: (from Quebec) — \$49.90

5. CUBESOT MICRO: U.S. — \$9.50

6. POT SLUSH: \$15.50  
VEGETABLE BRUSH: \$17.50

BRIDGES PHOTO BY MICHELLE BERG



## Nuts About Nature At Beaver Creek Conservation Area



Hi, kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Borrow a family Nature Activity Nat-Pac\* and hike a trail... nature awaits!

Guess what, kids? You can send your questions to me at the address below.

Dear Chip,

Why are Downy Woodpeckers so small?  
Madelyn



Dear Madelyn,

What a great observation! The little little Downy Woodpecker is a small version of its bigger woodpecker cousin. All woodpeckers have a straight chest like the tall, stocky hairy, big shoulders and straight-backed posture. What makes the Downy Woodpecker so unique is its small size. In fact, these little beauties are barely bigger than the chickadees and nuthatches that share their habitat. Both the Downy and the larger Hairy Woodpecker eat insects such as caterpillars, ants, and beetle larvae that live in wood, plant galls, or under tree bark. However, the small size of the Downy Woodpecker gives it one HUGE advantage over the larger Hairy Woodpecker. This little black-and-white bird is at home on tiny branches and plant stems that would buckle under the weight of a bigger bird. It just goes to show you that in the world of woodpeckers I left always the big guy that gets the worm!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

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Meewasin



## BRA CLINIC

No Fitting Fee, No Shopping & Handling & product available at the time of fitting for purchase

Now representing the Tabara Leunig Leunig

### WOMEN NEED TO KNOW ABOUT HEALTHY BRAS

Have you gone on a bra shopping trip, only to be frustrated, walking away empty handed? Jeunig International, founded in 1959, manufactures their bras based on the engineering of the Golden Gate Bridge (balanced load suspension). Shirley Molnes (International Executive Director), a Certified Bra Fitter, is coming to Saskatoon for a 2-day Bra Clinic. Based on the market with little and loose may look nice, but they are not doing their job. (65% of women are wearing the wrong BRA!) A woman needs support from beneath the breast tissue. The Tabara Leunig Jeunig Brae both fit small to full figure, sports, maternity and mastectomy - 200 sizes and 3 styles to choose from. SOA - 199K, no lace, no wires to gauge or braze or impeded lymphatic drainage and circulation. Does not ride up in the back or bill off the shoulders and promotes better posture. Switching to a custom fitted bra is like giving up a floppy pair of slippers for an orthotic shoe. Once women adjust to the uplift and snugness (a couple of weeks) you become a life-long client. Doctors, massage therapists, chiropractors often refer their patients to us.



### FREE BRA-FITTING CLINIC

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## # ON THE COVER PG. 8



Austin Wlochowky and her teammates with their bronze medals after the Canadian International Sport (CIS) national women's hockey championship in Fredericton, N.B., on March 16. From left: Team captain Carly Weiler, Karlin Blough and Marley Brown. Photo courtesy of Jolene Kuzniarski

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## # MY FAVOURITE PLACE PG. 7



Argentin Macle can't wait for the snow to melt at his favourite place in Saskatoon: the Lums Skatpark in Victoria Park. BRIDGES PHOTO BY MICHELLE BERG

### CORRECTIONS:

The City Facts story titled "Group encourages seniors to quit smoking" contained incorrect information in the March 19 issue. Marley Rabby's phone number is 306-244-1954. Donna's is 306-373-8888.

Incorrect information was provided to Bridges in an event listing for the Stay and Play group. The group runs Tuesday and Wednesday mornings from September to April. Contact the group at stayandplaysaskatoon@gmail.com or through their Facebook page.

### BRIDGES COVER PHOTO BY MICHELLE BERG

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# CITY NEWS

## # HEALTH PROMOTING SCHOOLS

### Promoting health one school at a time

By Sean Trembath

Kendra Dineen's school day starts a bit earlier than her classmates:

The Grade 11 student arrives well before the first bell at her school in Clonell and gets to work laying out healthy breakfasts. As the rest of the students arrive, mostly via bus from the surrounding area, they can line up at one of three buffet stations to collect fruit, yogurt, toast and bagels.

The free breakfasts are part of Clonell's version of the Health Promoting Schools (HPS) program, a joint venture between local school boards, the provincial government and the Sturgeon Health Region (SHR).

"It definitely helped in many people. The first year I was doing it, I had a little Grade 3 girl come up behind me and give me a big hug. She said, 'I don't remember the last time I had breakfast,'" said Dineen.

The program is currently at 30 schools in the Sturgeon area. In each school district, a health nurse and facilitators volunteered to design their own program, tailored to their specific needs. They were asked to focus on one of three areas: physical activity, mental health, or healthy eating.

In Clonell, it started with a simple survey. Staff asked the approximately 500 students how often they ate breakfast. They found a huge section of the student population were going without the crucial early meal.

"We were overwhelmed. Mostly because most of our kids are from where they have food at home, but lots of them aren't hungry. They're by the time they ride the bus here they're hungry," said Violet Dineen, the lead nurse at HPS in Clonell and Kendra's mother.

What started as a single station with a few items quickly grew to where they needed several spots to serve all the students who wanted breakfast.

The program has also expanded to



Amika Dyst, Dove Hedges, Alana Hartung, Jade Gouard and Mikayla Duxson prepare breakfasts at their school in Clonell as part of their version of the Health Promoting Schools (HPS) program. *Illustration photo by MICHELLE BRICE*

include a handline aspect, the Cougar Nation Fuel Up Station, named after the school's fierce mascot. Students earn a boost as the gym staffs low-cost smoothies, grilled cheese sandwiches and more.

On top of doling out healthier options to others, some of the students have seen improvements in their own diets.

"I used to eat lots of candy. To be

honest, I ate more fruits and vegetables," said Amika Dyst.

Mikayla Duxton has even eaten what she has learned about to her parents, who have incorporated it into their family meals.

"Every meal at home, my mom will try to add as many vegetables as she can, and cook vegetables. There's always milk on the table. It's definitely changed," said Duxton.

HPS is still fairly new, with SHR working to evaluate what is working for each of the programs, but it is already spreading to another province. Right across on Vancouver Island will start the very similar program this fall, having heard of the success of Sturgeon's initiative.

For Kendra, seeing the program grow in her school has been rewarding. Plus, like the rest of her classmates,

she has seen a personal benefit.

"In the morning, I would eat bad things, like Pop Tarts. Things that have no nutritional value. Now I'll come and eat a bagel, or fruit. It's really helping me maintain my diet."

First period was kind of two-time before. Now I'm awake for it," she said.

sturgeonhps@sturgeonhps.ca or  
twitter.ca/sturgeonhps

We're discontinuing our weekly parenting question. Thanks for reading, and please check out the new family-friendly events section in our Events listings next week.

For photos and more information, visit [www.saskatoonnews.com](http://www.saskatoonnews.com).

## # PARENT TO PARENT

Bridges, in connection with [SaskatoonMoms.com](http://SaskatoonMoms.com), gathers advice from parents to share with other moms and dads. This week we asked:

# How do you console a child who's afraid of the dark?



"We began to lay down with our kids, show them that there are no monsters hiding in the closet and use a night light." —Nikki McIntyre

"I have some room decor that is labeled 'Monster Spray' which we spray under the bed so needed to ensure no monsters may be hiding. Plus opening the closets and doing a thorough check. And lastly putting on the night light and stars projector. Sometimes night time just needs more hugs and kisses as extra protection against the dark. If all that fails, there's always room with me." —Alyssa Connelley

"My four-year-old has just started saying he's afraid of the dark. I reassure him that he isn't any thing scary in the dark but have also allowed him to have a soft night light. On the night he's really scared he sleeps with mom and dad." —Michelle Goodrich

"Show a kid there is nothing in the dark that they can't see in the light of day at night. The kid probably has a great imagination and is asking questions to find out what they are afraid of, if they work with

them coming up with creative ideas to deal with it. If, nonetheless, maybe call a professional to help over their fear to rid of those monsters." —Rae Mills

"I always leave the hallway light on until the kids are asleep. I don't think that they are actually afraid of the dark though; they just need reassurance that I am going to be there." —Caitlin Cordross

"I ask questions to figure out why they are afraid, what they are afraid of, and what they've seen so that if they feel that way again, I can bring them back to the room that they are afraid of, and I can show them that there are no monsters in the room." —Angela Wells

"We chose a stuffed toy to sooth the monsters away, started with a buffalo horn-shaped to Sulley from Monsters Inc. at the door." —Ashley Platt

"We asked our son what would help. He wanted his door left open with the hallway light on, but we like to keep the bedroom doors closed. So his next idea was to keep his blinds open so the street light would shine into his room." —Nicole Sanders

# Authentic Amish Cooking



COOKING BOOK: Authentic Amish

## Onion Patties

- |                               |                               |
|-------------------------------|-------------------------------|
| 1 1/2 cups all-purpose flour  | 1 egg                         |
| 1/2 teaspoon sugar            | 2 1/2 cups milk               |
| 1/2 teaspoon salt             | 1/2 cup onion, finely chopped |
| 1/2 cup onion, finely chopped | 1/2 cup onion, finely chopped |
| 1/2 cup onion, finely chopped | 1/2 cup onion, finely chopped |
| 1/2 cup onion, finely chopped | 1/2 cup onion, finely chopped |

Serves: 8-10 servings

In a large bowl, combine the first seven ingredients. In a small bowl, combine the egg, milk and hot paper. Stir in the oil and onion.

In a large skillet, heat 1/2 cup of oil over medium heat. Fry the onion patties in the oil for 2-3 minutes on each side or until golden brown. Drain on paper towels. Serve about 2-3 patties.



## Cocoa Fudge Cake

For the cake

- 1 cup all-purpose flour
- 1/2 cup sugar
- 1/2 cup milk
- 1/2 cup oil
- 1/2 cup cocoa powder
- 1/2 cup baking powder

For the fudge icing

- 1 cup butter
- 1/2 cup sugar
- 1/2 cup cocoa powder
- 1/2 cup milk
- 1/2 cup oil
- 1/2 cup baking powder



Preheat oven to 350 degrees. In a large bowl, combine the first seven ingredients. In a small bowl, combine the egg, milk and hot paper. Stir in the oil and onion. In a large skillet, heat 1/2 cup of oil over medium heat. Fry the onion patties in the oil for 2-3 minutes on each side or until golden brown. Drain on paper towels. Serve about 2-3 patties.

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# IN THE CITY

# MARCH 23, 2014 — 3:54 P.M.

## Heartbroken Huskies



The Huskies react to their loss against the Golden Bears in the CIS University Cup Final. Alberta defeated Saskatchewan 3-1 in the 2014 Potlatch Cup University Cup before 6,282 fans Sunday afternoon at Credit Union Centre to win its 14th national title. (Robb Feltre/TVOntario.ca)

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon. Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

## A spot for summer sessions

By Sean Trembath

With spring creeping in and the snow slowly disappearing, Saskatoon's outdoor facilities are getting close to being usable.

For Brandon Black, that means it's almost time to get back on his skateboard. The freelance web developer spends several hours each summer week riding the concrete at the Lions Skatpark, located just off the river in Victoria Park.

Black took some time to tell us why he loves the spot.

**Q: How long have you been coming to this park?**

**A:** Pretty well since I moved here. I came here at the end of 2010. I've been skating here since then, pretty well.

**Q: Is this the No. 1 skate spot in town?**

**A:** I'd say it's the best one. The way it was built is very well done. It's got some decent flow to it, it's quality, and they spent enough money on it.

**Q: How does this park stack up against others you've been to?**

**A:** It's good. As of lately, people are starting to focus more on parks, even in smaller towns, but when I first got here, it was one of the better ones I've seen.

**Q: How do most friends choose at the park?**

**A:** Yeah. You start seeing a lot of the same people come down here. But there's always new people as well, which is kind of cool. You'll start seeing some 12-year-old kids, and here's looking now.

**Q: Is it good to see new people, or is there any passiveness about the spot?**

**A:** Not for me. Growing up in Redwan, my friend started a skate shop, and we built one of the main parks there. Seeing younger people come out and helping them along is that. It's good to see them progress.



Brandon Black can't wait for the arrival of his favourite place in Saskatoon — the Lions Skatpark in Victoria Park. (PHOTO PHOTO BY MICHELLE WENG)

**Q: How many good friends have you?**

**A:** Nothing too serious. I pretty much just hit the concrete, get back up and do it again. I don't do anything too big any more, now that I have a job.

**Q: Any particularly good tricks you've picked off here?**

**A:** I did one of my first trickflips in a very long time awhile back. I had

kind of put that one on the back burner for a long time, because every time I tried it went bad. But I got particularly brave one day and stuck it.

**Q: How much time do you spend out here in the summer?**

**A:** Last year I came out quite a bit. This year I've got to try to come

in the mornings two or three times a week.

**Q: Is there a whole age range in terms of the people out here?**

**A:** Definitely. You are six and seven year olds. Fully pedaled just trying to stand, then you get a couple older gentlemen on BMXs, probably in their 60s.

**Q: Do you plan to keep skateboarding forever?**

**A:** As long as I can. I still think my self enough, I guess.

**Q: What is it that keeps you coming back?**

**A:** I don't know. I guess I like that feeling myself. There's always more to learn.

# ON THE COVER

(It was) just such a feeling of relief mixed with happiness and the best feeling in the world. — Kaitlin Willoughby

# KAITLIN WILLOUGHBY

## First-year Huskie makes waves on ice



Kaitlin Willoughby with her Canadian Interuniversity Sport (CIS) championship bronze medal helped secure the Huskies' first ever Canadian West women's hockey championship. PHOTOS BY MICHELLE HARR

By Don Rice

Kaitlin Willoughby was thoroughly exhausted and thoroughly happy a couple of weeks ago.

She had just helped make Huskies history by scoring of 5:09 of double overtime, ending an epic series and securing the first ever Canadian West women's hockey championship for the University of British Columbia (Huskies).

It was quite a season for the 19-year-old. Her quick development made her the Canadian West and national rookie of the year and she played a pivotal role in the Huskies' Canadian West championship and national bronze medal.

### THE MARATHON

In the playoffs, the Huskies played three games against the University of Regina Cou-

gars. All three went into multiple overtime periods — eight periods over three nights. With the series tied one game each in the final game, Kaitlin's goal finally ended the drama.

"It was better than I'd ever expected," she said. "When you're growing up, that's all you dream of — (a) championship game, scoring in overtime and everybody comes rushing on you celebrating. It was just amazing. I never would have thought it would feel that good."

### THE FAMILY

Kaitlin grew up in a hockey family in Coquitlam and Prince Albert.

"It's hockey all around in our family for sure," she said. "It's honestly all we talk about. If we were going on a road trip for a hockey game, say it was like a two-hour drive, the whole way back our whole family would just talk about the game — like every little thing about it."





When you're growing up, that's all you dream of — (a) championship game, scoring in overtime and everybody comes crashing on you celebrating. It was just amazing — *Kaitlin*

"And then I was scoring goals all the time so they finally let me play in my age group."

Kaitlin played numerous other sports but excelled at track and field. When she was 12 or 13 she broke Prairie Albert sprint records but suddenly track was in her thing anymore. She was an serious adult hockey that she moved on her own in Grade 8 to play for the Prairie Albert Bears.

She played with relatives Ben and Jody Bonanza in BA for five years, but returned home to Camrose to play for her dad's AA team in Grade 10. The following year, Jeff was offered the opportunity to coach the Bears and the family jumped at the chance. Drank called it "the best thing we ever did," since they were already travelling to Prairie Albert so much for hockey.

Kaitlin played for dad with the Bears in Grade 11 and 12 alongside her sister Morgan, as they had with many other teams, despite their two-year age difference. Kaitlin was named team MVP and league all-star both seasons.

"Morgan and I are really close," said Kaitlin who saw great future potential for her sister with the Huskies. "We're like best friends. It was fun to play with her and that year not having her on the team it seemed so weird that we aren't playing together. I can't imagine her anywhere it would be for our parents to have two kids playing seriously hockey."

When Kaitlin graduated from high school, it was an easy decision for her to attend the U of S. Prairie Albert was close and her parents and relatives could watch her games. She also had good friend and Huskies player Carter Hershkov urging her to play and telling her how good the Huskies could be.

It was a remarkable debut season. Kaitlin led all rookies with 35 on-ice points, including 30 goals and 35 assists in 38 games. That was more than twice as many as the next best scoring rookie. She finished fourth overall on Canada West, picking up her first two goals in her third career game as a 35th Huskie win over the Manitoba Blues.

Kaitlin never expected such quick success with the Huskies, but found



In Grade 10 and U of S Kaitlin Wilkingsky was named MVP and league all-star. She is now the top scoring rookie for the U of S Huskies. **SPENCER PHOTO BY MICHAEL SIOGA**

her way onto the top line along with team-leading scorer Clint Wooten, and third-year forward Marley Ryan. Fifth-year Huskies captain Clint Wooten was impressed with Kaitlin's scoring touch and speed as well as her goals on for the game.

The Huskies finished second in Canada West this season with an 18-4 regular season record. They accomplished all that despite having 30 rookies and four second-year

players.

"When we first started playing, everyone seemed to think, Oh, we're young, it's expected if we lose," Kaitlin said. But then we started winning and winning and I think it kind of took a lot of people by surprise. We put us out there in the top five."

The Huskies made a habit of winning close games, featuring the landmark overtime playoff series

They won 17 games by a single goal and lost six more in extra time. In all, 87 of their 38 games were decided by one goal. They were 4-6 in playoffs, and it took quadruple overtime and the longest game in Canada West history before their third playoff loss.

In an amazing coincidence, on the same night Kaitlin and her team played their first overtime marathon, Morgan won its double overtime with the Bears. They also won that

night. Drank attended the Huskies game and kept track of Morgan's. "I can't handle these overtime games," she said.

Kaitlin's parents are proud to watch her burgeoning career with the Huskies, of course — when the stress isn't getting to them.

Her mom was on hand for all three Canada West final games but her dad had to run some of the action coaching Morgan and the Bears.

#### CANADA WEST BEST-OF-THREE FINAL SERIES SUMMARY

(Feb. 26 to Mar. 2 at Rutherford Drive, Saskatoon)

**Game 1: Huskies 1, Regina Cougars 0.** Marley Ryan scored for Huskies game winner and only goal of game at 19:38 of double overtime.

**Game 2: Cougars 2, Huskies 3.** Regina's defenseman Alexis Larson scored with 1:23 to tie the fourth overtime frame. Goals at 22:30 to 24:40 in length. In the longest in Canada West history, including the previous record of 1:56:22, also set at Rutherford Drive on March 11, 2012 when the same Huskies defeated the Calgary Stampeders 2-1 in triple overtime.

**Game 3: Huskies 3, Cougars 1.** Rookie Huskie forward Kaitlin Wilkingsky's quick snap shot from outside the box off a cross-check by Cougar goalie Joni Markstrom tied the series, clinching goal 5:58 into the second overtime.

#### US NATIONAL BROCADE MEDAL GAME

(Mar. 16 in Fredericktown, N.J.)

**Huskies 6, Wichita State Shockers 3.** Conference star Julie Poirier, who scored three goals all season, led Huskies with a hat trick all on the power play. Steve Grieshaber had two power play goals of her own. Marley Ryan added an empty-netter. Huskies were 5 for 7 on the power play while holding Golden State to 0 for 6.



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# JOANNE WEBER

## The Deaf House tackles complex issues of hearing loss

The Deaf House processes is a good read for those who don't like to sleep at night.

Imagine deciding to break up your family because you couldn't hear their little girl? The question that The Deaf House poses is "how to believe?" Especially when hearing loss is equated with loss of hearing is a dramatic figure



Joanne Weber

Joanne is a nightclub glorifier, connecting and disconnecting you, as well as conversations around you. Some conversations are not worth

the bother, you might think and some conversations are life-shaping or soul-shattering. The point is you might catch it or you might not.

Even with the best technology in the world, one still remains at the mercy of not being able to hear sometimes and being able to hear sometimes. At least, it still allows for some partial belonging and at times, it confuses everybody if this is precisely what The Deaf House is about. It might not be worth the read as this has been said over and over again in a myriad of publications.

This creative confession memoir, however, explores the politics of language, whereby two languages struggled for domination in my mar-

riage and my family although I am profoundly deaf. I speak fluent English with my husband and daughters. At the same time, I firmly cling to American Sign Language in order to maintain my identity. I also become a strong advocate for deaf education issues on a provincial and national level.

As a young mother, I became an observer of the intimacy between my husband and our daughters, unable to participate fully because spoken English remained dominant in our home. For this reason, I separated from my husband and raised our two daughters alone. This move indirectly exacerbated the difficulty of living solely within the hearing world, especially in the professional

and social arenas of my life. After several unfulfilling employment experiences and my own admission that I still loved the father of my children, I reluctantly contacted my husband. The reunion renewed a nearly unbearable tension as I struggled to reconcile the politics of language and culture in my own home.

Many deaf and hard of hearing people with the question: How can I belong fully, completely to a group of people? It is all there and more.

Some people are being sleep over this book, telling me that they are reading it far into the night and reporting heavy eyes for work the next day. Thus is a warning as once this book may be burdensome to your health.



### GEAR UP FOR WINTER



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## TAKE SOME TIME FOR YOU

AND GET THE WHOLE STORY.  
(OR AS SOME LIKE TO CALL IT, THE "ME TIME" EDITION.)



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# FASHION

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## #SASKATCHEWAN FASHION

### Ryley Koma: Shoe and tell

By Ash Martin

They say that the shoes make the man.  
And it's true for the Flamingo.

His name is Ryley.  
And he puts all his love  
When a new pair lands in his  
hand.

John Fluevog's No. 1 fan may be right home in Regina.  
When Ryley Koma got his first pair of Fluevog shoes four years ago, it marked the beginning of an obsession.

"I kind of just fell onto a slippery, slippery slope," said Koma. He's got 30 pairs, and counting, all from Zoo's Best store.

"It is the only place I buy shoes in town," said Koma, a friend at Wisconsin Flower Shoppe. "I'm a firm believer in shopping local."

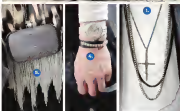
The shoes reflect his workday style — classic with a twist. "I love the fact that a Fluevog is a classic in the make of it," said Koma. "But the pattern or the material — gives that edge. It's not over the top, but it looks nice."

Off the job, Koma mixes it up. "I'm a clothing warrior in my closet. I think it's just about an expression."

Even as a child, he backed the statement. "I always wanted something different," said Koma, now 26.

"As the years go by, you become more confident and you can include in different aspects of fashion — and be come your own person."

One of the latest looks he's worn are thigh-high flye boots from Zoo's, of course. "Some times you get a few looks. I like a good boot. — You just have to be confident, you have to be OK with it."



1. NECKLACES: Darkbraided from Wisconsin Flower Shoppe. "It's my favorite go-to jewelry."
2. VEST: Judith & Charles from Hawk.
3. SHIRT: Zoo.
4. WATCH/BRACELETS: Dyberg/Koma from Wisconsin Flower Shoppe.
5. PANTS: House of Harlow from Queen V. "I've always kind of liked this Nicole Richie. Olsen twin look of the look, and the fact that I can buy a bag like that in Regina in pretty awesome and fun. It is different."
6. PANTS: Darkstage from Queen V.
7. SHOES: Fluevog, custom order from Zoo's. "I found them on Instagram and I had to have them — and she got them in for me."

Ryley Koma, with his roommate's sister, Sophie, displays some of his favorite Fluevog shoes in his room.

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LENNIX

## # CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Clump(s) [red]  
 3 Word of encouragement  
 6 Destroy, as hopes  
 10 Drop  
 14 Beliefs of "ideals"  
 18 Object of ancient Egyptian devotion  
 17 Star written by Herman "Tape" and "Mud"  
 16 "Mara," the wife of  
 18 "Vivac"  
 20 Overlooked member of the "Little Women" family  
 23 Selfishness "For  
 "Well-Love and  
 "Sister"  
 24 Dandelion leaf  
 ingredients  
 26 "No more left" in  
 short  
 28 Brand of hair-epoxy?  
 34 "Hungry hungry" game  
 animals  
 36 Ichigo  
 37 Season info  
 38 Ten-year  
 39 Six 11 down  
 40 Jewish-did offering  
 41 Thirteen Democrats  
 42 Intellectual megal  
 43 Next-meeting  
 inside  
 44 Silver blood donors  
 don't

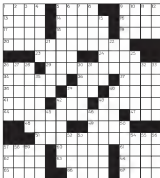


Illustration by Dave Coverly

## DOWN

- 1 Found sound  
 2 Left at night go on a  
 best  
 3 Persian house of  
 design  
 4 Vermont state  
 abbreviation  
 5 Lunchbox accessories  
 6 Variety of gator  
 7 Iranian film  
 introduction...  
 8 Singer Hendrix  
 "Gy" or "ee"  
 10 Japanese film  
 director  
 11 With 16 across and  
 13 down, response to a  
 military command  
 12 P.D. 13 down  
 14 Taliban party  
 don't  
 15 Archipelago  
 collection, maybe  
 16 Sub of "The Daily  
 Show" and "The  
 Colbert Report"  
 17 Quick  
 18 "Dig me..."  
 19 First game of the  
 season  
 20 Jari Järvelin  
 21 Victoria's last King  
 22 Seinfeld  
 23 Title  
 24 Use much media mail  
 25 "Mid...C. mass"  
 "Central Office" already  
 said it in letters to the  
 world  
 26 Copy of "Tennessee  
 Top 40"  
 27 Whole, as dough  
 28 Unpopularity  
 29 Affix with many  
 country names  
 30 Hands or back  
 31 U.S. submarine  
 32 TV movie  
 33 What might a  
 you through a quest  
 through?  
 34 Kind of screen  
 35 Potential for speechless  
 36 Effect of a violent  
 storm  
 37 Recession  
 38 See 3 down  
 39 Opt. 4

# JANRIC  
CLASSIC  
SUDOKU

## Level: SILVER

Fill in the blank cells  
 using numbers 1 to 9.  
 Each number can ap-  
 pear only once in each  
 row, column and 3d  
 block. Use logic and  
 process of elimination  
 to solve the puzzle.

The difficulty level  
 ranges from Bronze  
 (easiest) to Silver to  
 Gold (hardest).



Sudoku is the  
 crossword puzzle, and  
 the Sudoku can be  
 found on Page 20.

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- Free Nutrition consultation
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- Approval from your Physician
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- Commit to a weekly run with **Brian from Brainsport**
- Commit to post regular **Facebook** comments about your experience on the **Brainsport Facebook Page**
- Commit to weekly interviews about your progress that will be featured in the **Star Phoenix**

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- Send a letter to brainsport@run.ca
- The letter should explain why you want to do this. Max of 400 words

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# ON THE SCENE

## #AMATI QUARTET — THE BEETHOVEN CYCLE

Nothing could be sweeter than the sounds of Beethoven's Concert No. 2, on a beautiful spring day. An appreciative audience within Saskatoon's finest concert hall thoroughly enjoyed the Amati-Quartet's performance on March 22.

The University of Saskatchewan Amati-Quartet performs on 17th century instruments crafted by the Amati family of Cremona, Italy. The wife, Stephen Kolbman, one of Saskatchewan's first home processors, collected the instruments (two violins, a viola and a cello). They are one of only three sets in the world. Kolbman sold them to the U of S in 1959 with the desire that they be shared with the people of Saskatchewan.

Third Avenue United Church has been called one of the best concert halls in the country thanks to the natural acoustics in the historic building. Along with a variety of other concert, the church regularly hosts the Amati Quartet.

1. Margaret McLennan helped us an usher

3. Blake Hendler and Candace Preston

3. Wally and Donna Kolyahar and Bob and Corinne Hickey

4. Tobias and Anna

5. Phil and Sherry Green

6. Angela Taitler and David Hagen

7. Eric Frank, who has been to every Amati Quartet concert

8. Miles Cole sold snacks and drinks was money for the Breast Cancer Foundation

BRIGGS PHOTOS  
BY DEREK MORTENSEN



# OUTSIDE THE LINES



## # Colouring contest

Each week Stephanie McKay creates a timely illustration meant to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bridges@photoshopper.com](mailto:bridges@photoshopper.com). One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Marie Corleu. Thanks to everyone who submitted entries!



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**CONEXUS ARTS CENTRE**

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**WEDNESDAY, APRIL 2, 2014**  
**9:30 AM - 4:00 PM**  
**PRAIRIELAND PARK**

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# WINE WORLD

#BRUMONT GROS MANSENG-SAUVIGNON

## French Brumont hits the sweet spot

By James Romanow

Last summer Sakey and I decided to hike through the Gascogne area of France on the Grande Randonnée. The notion was to enjoy the great outdoors with beautiful lunches of perhaps a stick of osney and a cruché or two of absinthe. My reasoning was that the region was not particularly famous for their wine, so we could enjoy a scenic view of France.

The route we were on was suggested as the Pave Grise Trail. No stop to release the asking left was complete without some good Sakey, too stopping their car to grab a refreshing slice of this fine wine as a Gusty pub where I would be loath to eat the fries created we try their guts.

The Gascogne were also good of their wine, so well they should be.

The grapes are usually either some local varietals for a well-known varietal, or a completely obscure strain which was the 18th century. I gave up trying to figure out what we were drinking, and guessed whatever was present in it.

If you want to know why I did so check out the Brumont white the IGA has just listed. A mix of Gros Manseng and sauvignon (which may be one of a number of varietals) but most likely sauvignon blanc) this is a wine that hits that sweet spot similar to Semillon and sauvignon blends.



grape blends

Then is a mix of great features, crisp citrus flavors, exotic tropical fruits and — surprising as a white wine — solid tannin structure.

If Thomas ever drank this stuff he would have been out of the woods in a heartbeat and spent his years like flowers, shimmering like you in part to serve over tenderloin.

Brumont Gros Manseng-Sauvignon, France, 2012, \$65.99.

More great wines on Monday's paper and on Twitter @jdrhouse.

## Crossword/Sudoku answers

WADS	THAN	DASH
OMIT	HOMES	IBIS
OMMO	ELENA	PERT
FORWARD	MARCH	
ESME	DAYS	
SRO	COMPAN	THALT
HIPPOS	LUO	OTOF
AVERT	YES	ANISH
RENE	KEN	JAGUEL
PRESENT	ARM	FOR
ROSE	FEEL	
READY	TIME	FIRE
ISNT	DIODE	INAC
MOICE	SAGET	LASH
PROD	GARY	EXPD

5	7	2	4	8	6	9	3	1
6	8	1	5	3	9	4	7	2
3	4	9	7	1	2	5	6	8
8	9	4	2	5	3	7	1	6
7	1	6	8	9	4	3	2	5
2	5	3	1	6	7	8	9	4
9	2	7	6	4	8	1	5	3
4	3	5	9	2	1	6	8	7
1	6	8	3	7	5	2	4	9



## Next week in BRIDGES

After 10 years the synchrotron is still one of Canada's most important scientific resources

# GARDENING

## #PROVINCIAL GARDENING

### Rushing into sedges

By Sara Williams

Some of the plants we call grasses are actually sedges or rushes.

A true grass will have hollow, rounded stems with solid nodes. A sedge has three-sided or triangular stems that are solid, while rushes are most easily identified by their cylindrical leaves. A quick tip-off: sedges tend to hug you remember the difference in 'sedges have edges and rushes are round.'

Sedges that we commonly use as ornamental grasses are found in the genera *Carex* and *Cyperus*. The loose rush mentioned here is the money reed rush (*Juncus roemerianus*).

The *Juncus* (*Carex* excepted), is named, at least, after the most cool group of the 1800s, and sports a handful of narrow green blades 50 cm in height similar to the masseter's famous 'do. It spreads by short runners and gradually forms a colony. It does well in sun or shade on moist soil.

Blue Zinger cushion grass or blue sedge (*Carex blanda*, ssp. *C. glauca*) — sometimes sold as *C. rigida* — is native to Europe. It has wide blue blades to 30-50 cm long and is more upright and clump-forming than the species. It is very hardy and easily propagated by division. It grows well in shade to sun at a wide range of soils.

Palm sedge (*Carex muskingtonensis*) is fairly common in peat gardens. Native to north-central North America, the green foliage is upright and reaching to 60 cm with brown flowers in summer. It spreads by rhizomes. An excellent bog plant, it grows well in sun to partial shade as long as moisture is adequate. There are two selections you might consider: *Delaware*, selected by landscape designer Wolfgang Oehme, has green and has narrow yellow variegation by maintenance. Little Blige is a dwarf palm sedge one-quarter of the size of the species (20-30 cm).

Black flowering sedge (*Carex nigra*) is native to wet areas of Europe



The flowering money reed rush is an example of an ornamental rush that can add some dimension to your garden. Photo by MORGAN HANSEN

and eastern coast of North America. It is considered an extremely variable species and is 30-40 cm tall. The foliage is often a glaucous blue and the linear flowers are a distinctive black. It spreads by rhizomes and does well in full sun to light shade. *Versicolor* is a selection with blue leaves with blue yellow variegation, 30 cm tall.

Andromeda sedge (*Cyperus alternifolius*) is a tender pool plant. It grows

well if it is to survive, being it indoors for the winter. Clump-forming and spreading by rhizomes, it has leafless stems with numerous umbels on top, under clear conditions reaching a height of one meter. It closely resembles the even more tender palm sedge (*Cyperus papyrus*), which available as King Tut and used in container arrangements. However, like all sedge relatives it requires relatively high soil moisture con-

ditions as it is a bog plant under natural conditions.

Stony reed rush (*Juncus roemerianus*) is a hardy, clumping, loosely leafed rush with green foliage with white bracts along the leaf margins. About 20 cm in height, it has a delicate appearance and off-white flowers in June. It does best in sun or partial shade with even moisture. Two selections to consider are the easy to grow *Blue Sky* (also *Schneiders*) and *Blue* (also *Schneiders*).

The compact (30 cm) *Blue Sky* (*Schneiders*) is a good fit for with only red foliage in winter and early spring. *Schneiders*'s main feature is its nearly white flower heads. The species can be propagated by seed while the two cultivars should be divided.

This column is provided courtesy of the Saskatchewan Perennial Society ([www.saskperennial.ca](http://www.saskperennial.ca)) - horticulturists/johnson

## EVENTS

## # MUSIC

Wednesday, March 26

**Fit theed**  
Balls on Broadway,  
817 Broadway Ave.

**The Doberman Dactyl**  
Punk! Punk!  
50 Campus Dr.

Thursday, March 27

**John McCreast**  
100 Plaza,  
33 22nd St. W.

**Paul Tobin**  
Crackers Restaurant &  
Lounge,  
1-227 Pineshale Dr.

**Brewsters & Roosters**  
Balls on Broadway,  
817 Broadway Ave.

**Releaste Soundclash's Jay**  
Melnikovski & The Deadbeat  
w/ Andrei Gheane  
Vangelis Tavern,  
801 Broadway Ave.

Friday, March 28

**The Hung Jury**  
Balls on Broadway,  
817 Broadway Ave.

**Flano Friday w/ Skidale**  
Cowbell  
Reetsa Sarrice Calabash  
The Basement,  
202 Fourth Ave. N.

**3 Plak - One**  
Army & Navy Club,  
309 First Ave. N.

**Doug Deenewaher Trio**  
McNally Bohannon,  
3130 Eighth St. E.

**The Band Wagon**  
Toot Town Tavern,  
1630 Fairlight Dr.

**Big Bang Baby**  
Pizz's Pub & Grill,  
1403A Highway 10

**Menties (Howlsky Work-**  
men, Steve Ryan, Ryan  
Debie) w/ Rich Asenman  
Jazzbox  
Auriga Cantina,  
632 19th St. E.

**The Olexious Gies w/ Teen-**  
age Kicks and Lab-Coat  
Vangelis Team,  
801 Broadway Ave.

**Yourst the Giant Mind Over**  
Matter w/ Vance Jay  
O'Brien's Comm. Centre,  
241 Second Ave. S.

**Reise the Black Line rap**  
battles  
Cinema Sankar Cinema  
Centre,  
544 19th St. E.

**Ten Arvo Strongarm**  
Starr's Place,  
104-102 10th St. S.

Saturday, March 29

**The Hung Jury**  
Balls on Broadway,  
817 Broadway Ave. N.

**Jazz City Series Melissa**  
Laurie  
The Basement,  
202 Fourth Ave. N.

**3 Plak - One**  
Army and Navy Club,  
309 First Ave. N.

**Leen Ocho**  
Nutkins Legion,  
3021 Louisa St.

**Leen Ocho**  
Mukulu Malvern,  
3130 Eighth St. E.

**Frankie Shag w/ The Extra-**  
vertas, Delta Theorists, and  
Herb and the Huskies  
Auriga Cantina,  
632 19th St. E.

**Pas-Cat-Pezzo Jam 2014 Vol**  
12  
JC Economics, Chad Mueson,  
VC Ivies, Melvin, Paine and  
Lewat  
Vangelis Tavern,  
801 Broadway Ave.

**Big Bang Baby**  
Pizz's Pub & Grill,  
1403A Highway 10

**Ten Arvo Strongarm**  
Starr's Place,  
104-102 10th St. S.

Sunday, March 30

**Leen Ocho**  
Nutkins Legion,  
3021 Louisa St.

Monday, March 31

**Against Me w/ Leen Ocho**  
and the Gams, and Cheap  
Girls  
Lost's Pub,  
93 Campus Dr.

**Ten Arvo**  
Starr's Place  
104-102 10th St. S.

## # ART

Mendel Art Gallery

Until March 30 at 190 Spadina  
Cass. St. Contemporary  
Overviews from the National  
Gallery of Canada, and Trace  
Nelson. Walls of intrigue and  
Calamities of Curiosity. The  
RBC Artista by Artists exhibi-  
tion is Time Lapsed by Gern  
Klypke and her mentor, June  
J. Jacobs. The gallery spaces  
will be closed from March 31  
until April 16 for the installation  
of the spring exhibitions. Visit  
www.mendel.ca.

Le Deloitte

Until March 27 at 103-308  
Fourth Ave. N. Pot-Pouri,  
printings by the artist great  
AIRPty.

The Gallery Art Projects

**Mentorship Library**  
Until March 27 at 311 23rd St. E.  
St. Vincent City by Local His-  
tory Photographers from Local  
History's collection.

**The Gallery Art Placement**  
Until March 27 at 228 Third  
Ave. S. Work by new gallery  
artists: Ruth Guthrie and

Lynne Goshorn. Thelma Pro-  
per Highway 41 Debutant  
runs March 28 until April 17.  
Photographs of the artists  
landscape and portraits of his  
people. Reception March 28,  
2 p.m. to 4 p.m.

**300 Design/Store**  
Until March 28: 5 p.m. to 10 p.m.,  
and March 29, 10 a.m. to 5  
p.m. Their Spring show fea-  
tures recent work by M. Craig  
Campbell, Paula Collier, Dale  
Hicks, James S. Morgan, Caryl  
Richardson, Ken Wilkerson,  
and guest artist James Russell.

Mendel Arts Centre,

**Northline**  
Until March 29 at 701 Selkirk  
Ave. in Northline. All things  
Canadian. An ever-expanding  
inclusion of people at  
show. Artists that each repre-  
sent a single living being, kept  
and maintained by Martha Cole.

Husky Art Supplies

Through March at 1835 Lorne  
Ave. New Territory by Kelly  
Bredford. Now experimental  
work in oil and encaustic.

Rigger Museum &amp; Gallery

Through March at 100 Third  
Ave. W. Indigenous discus-  
sion exhibit: student art  
interpretations of Process.

Handmade House Showcase

Until March 31 at 710 Broad-  
way Ave. Best the Winner  
Bliss. A group show featuring  
the variety of crafts members  
create.

Rigger Museum &amp; Gallery

Until March 31 at 100 Third  
Ave. W. In Biggar Student  
Exposition Exhibit. Student  
art interpretations of Process  
& Wines and a Prayer by Diane  
Larocque. Eldred April 2-9.

Humboldt and District

**Modern Art & Gallery**  
Until June 24 at 601 Main St. S.,  
Humboldt. A Local Person-  
the exhibit of oil paintings and

sculpture by Terri Ambrose  
and Sandy Chisholm. No  
story too small to Trade. Art-  
ist Terri Ambrose, April 1-31.

Paved Arts

Until April 6 at 424-2019 St. W.  
Sound's Live Audio Art  
Festival call for experimental  
sound artists. The festival  
runs July 24-26. Submit  
performance-related audio  
art project audio/video disc  
electronically to Paved Arts.  
Town and Country, an audio  
art installation by Arto Ham-  
ilton, David Toon's Kitchen XV  
by John Schwab, offering on  
Dakota Negative by Michael  
Heiser, and Attack in Transit.

Toon's Kitchen XV by Peter

Ström and Red Semantics,  
a documentary about an art  
collection, until April 16.

Dorrell Bell Gallery

Until April 30 at 405-1501 21st  
St. E. New paintings by Tyler  
Decker. Anytime paintings  
depicting life in the city.

Centre East Gallery

Until April 13 at The Centre.  
A display by the Wilderm  
School Industrial Arts in The  
Royal Gallery, work by The  
Elmer City Residents Arts Guild  
in The Jade and Amber Gal-  
lery, work by the Saskatoon  
Woodworkers Guild in The  
Temus Gallery, pieces by  
Imagery Photography in The  
Orson Gallery, a display  
by the Students of G. Jones  
Vander School in The Lavender  
Gallery, and a display by the  
Saskatoon Public School in  
The Magenta and Indigo Gal-  
leries.

AKA Gallery

Until April 19 at 424-2020 St.  
W. [Contest] by Ash Selwett  
work produced during a  
three-month artist-in-residen-  
cy in Park, France.

Green Ark Collectable Home

Until April 29 at 712-2013 St.  
W. Andie Nunez. Twists of  
Art.

A/Flora Gallery

(Saskatchewan Gift  
Council)

Until April 13 at 813 Broadway  
Ave. W. Artists Art Works that  
were featured in the First Sas-  
katchewan Wascana Art Date  
on Oct. 26, 2013. Reception  
April 13, 2 p.m. to 4 p.m.

St. Thomas Wood Gallery

Until April 30 at 1337 College  
St. Collaboration, 19th annual  
USCAN Art Institute's and  
certificate students' exhibition

The Railing Collection

Until April 30 on the eighth  
floor of the Delta Saskatoon  
Hotel. Presented by Railing  
Fine Art. Bronze sculpture and  
modern contemporary art.  
Works by Twelfth Lightings,  
Michael Ambrose, Tom  
Schultz, William Hettler and  
Tim Johnson.

Fairbridge Centre

Through April at 150 Grosvenor  
Cres. Art in the Centre: works  
by the Saskatoon Quilt Guild.

Delebrere Canada Centre

Until June 8 at 151 Delebrere  
Ave. The Queen and Her Coun-  
ty. This exhibit commemorates  
the Diamond Jubilee of Her  
Majesty Queen Elizabeth II  
from a uniquely Canadian  
perspective.

# SPECIAL

EVENTS

Speech Hearing and Informa-

**tion for the Hearing Hearing**  
March 26, April 3, 25, May 14,  
20 - 30 p.m. to 3:30 p.m. at  
Saskatchewan Deaf and Hard  
of Hearing Services, 3-35 First  
Ave. N. Hosted by the Board of  
Hearing Association. For in-  
formation call 266-349-1357.

Landscape Matters

March 26, 7:30 p.m., at Glouce-  
ster Westminster United Church.  
Whaddya know, a talk by  
Professor Richard Harris  
presents in life and situation,  
and in the mind.

What you need to know to plan your week.  
Send events to [bridges@thestarphenix.com](mailto:bridges@thestarphenix.com)

# EVENTS

**Generation Light Source (GLS) Public Tours**  
Thursdays, 1:30 p.m., and April 10, 7 p.m., at the Generation Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Learn about the GLS's contributions to science research, including health, medical imaging, environment and materials. Identification is required. Call 360-657-3644, email [outreach@glsource.ca](mailto:outreach@glsource.ca) or visit [www.glsource.ca/education/public\\_tours.php](http://www.glsource.ca/education/public_tours.php)

**Read 'n' Feed Celebrity Auction**  
March 27, 6 p.m., at TCU Place. Auctions, bucket draw silent auction, and a live auction featuring celebrities and unique Sukutashoven appearances. Funds support READ Saskatoon. Tickets at 360-652-5448, [readskatoon.com](http://readskatoon.com)

**Maeonian 80**  
March 27, 7 p.m., at Peirle Sun Brewery. A fundraising event for the Maeonian Valley Society. Maeonian 80 White Ale, custom brewed to support, arriving at the Maeonian Thru to 80th, will be launched. The beer is flavored with local spruce and pine. With music by Sarah Furlong. Tickets at [showix.com](http://showix.com)

**Uprock Records Fundraiser**  
March 28, 8 p.m., at The Holmes, 334 Ave. C5. A drinker party with screening of Uprock Records presented by The Baby-Sitters Club. With snacks, record draws and silent auction. Raising funds for Girls Rock Camp & 19+ event

**All-U-Can-Get Parody (Video)**  
March 28, 9 p.m. to 7 p.m., at Ukrainian Orthodox

Cathedral Auditorium, 919 30th St. W. Includes dessert and a beverage. Meet and exchange with our wine, Eat in or take-out

**Dangy Bhangy Bear Ukelele**  
March 28, 7:30 p.m., at TCU Place. The comedian takes on some of the biggest and smallest issues in the world. Tickets at 360-573-1799, [tucuplace.ca](http://tucuplace.ca)

**U of S Concert Band**  
March 28, 7:30 p.m., at Quince Theatre in the U of S Education Building. The U of S Concert Band performs. Tickets at the door

**Flamenco Chill**  
March 28, 8 p.m., at the Big Theatre. Hosted by Alma Flamenca. Cool music and heated percussive dance. Featuring dancer Jesús Muñoz, guitarist Ricardo Diaz, cantor singer Calixtano Garrido, with dancers Kari Alza, Celine Kaching and Lisa Kacan, guitarist Alberto Clotier and Daniel Reptine, singer Jodi Hawnkita, and guitarist Luis Carlos Caprin. Tickets at 360-665-0902, [McNellyRobinson.com](http://McNellyRobinson.com)

**Pinnal Taste**  
March 28, 8 p.m., at Southland Inn, 1102 Central Ave. A launch party for the 2014 Saskatoon Pride Festival & Taste of things to come. With a fashion show, entertainment and prose. Tickets at [saskatoon.com](http://saskatoon.com)

**Gardenscape 2014**  
March 28, 11 a.m. to 5 p.m.; March 29, 9 a.m. to 8 p.m.; and March 30, 10 a.m. to 5 p.m., at Fairfield Park. Featuring native plants & flowers, a live butterfly exhibit. With presentations, backyard living ideas, plants, products, and furnishings. Visit [www.gardenscape.ca](http://www.gardenscape.ca)



Gary Hadden donated his painting, *Rise: Way to the Angels*, to the Hunger Art Auction

**23rd Annual Art Auction Against Hunger Art Auction**  
March 29, 5 p.m., at TCU Place. Supporting CHOP Good Food Inc. Cocktails, dinner and a live auction. Tickets at 360-665-4370, [www.chop.org](http://www.chop.org)

**Spring Textile, Craft and Bake Sale and Fundraiser**  
March 29, 9 a.m. to 4 p.m., at Mayfair United Church, 1932 33rd St. W. With a jelly bean guessing contest and

a basket raffle. Home-based businesses and bakers. Some proceeds will go to the Boys & Girls Club of Saskatoon

**Spring Art, Craft and Bake Sale**  
March 29, 9 a.m. to 4 p.m., at Northridge Community Centre, 961 Third St. E., in Mertonville. Vendors from around Saskatoon showcase handmade jewellery, quilts, art, painting,

photography, ceramics, wall art and clothing. With raffles and a concert. Funds raised will support the Mertonville High School Weigle Club

**Spring-Fling Flea Market**  
March 29, 10 a.m. to 4 p.m., at The Legends Casino in Wexham. Hosted by King's Castle Designs. With baking, crafts, homemade goods, second-hand items and antiques

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## EVENTS

**Second Annual Circle of Voices Circulation Celebration**  
March 29, 4 p.m. to 6 p.m. at Oakridge High School, 918 Broadway Ave. Presented by the Saskatoon Native Theatre Company's Circle of Voices. Featuring the Media Jipping Special With emcee Dean Tuckwell and Musical Artist, Christine Bobb-Baker. Refreshments, door prizes and giveaways.

**Annual Old Fashioned Bean Supper and Silent Auction**  
March 29, 4 p.m. to 6:30 p.m. at 31 Thomas Wesley United Church. Over 150 merchandise items, collectibles, gift certificates, food and service vouchers up for bid! It's an evening dinner for

**28th Annual Vegetarian Banquet**  
March 29, 9:30 p.m. at Pearland Park. Presented by the Friends Society of Saskatchewan. Indian vegetarian cuisine and entertainment. Tickets at 306-362-9369. 306-362-7737, [peasoc.com](http://peasoc.com)

**A Night Out on the Town**  
March 29, 4 p.m. at Hilton Garden Inn. A musical gala fundraiser for the Saskatoon Youth Orchestra. Featuring the SYO and the Saskatoon Stars. With a gourmet meal and a silent auction. Tickets at [peasoc.com](http://peasoc.com).

**Haughty Hogs Fundraiser**  
March 29, 6:30 p.m. to 11:30 p.m. at First Flow Dance Theatre. Featuring entertainment by First Flow Dance Theatre Company, Carmen Rodriguez and the Riverside Burlesque Club. Live long tables, Stella Beehive, Art Therapy and China White, with prizes. Snacks. Ages 19+ only. Proceeds will go towards The First Flow Dance Theatre Company.



The Whorl: Sound (left) Club (right) by: Meghan Macdonald/Robert. Photo: Sarah Jones and/or Hutton. Submitted photo

**Shunka at 30**  
March 29, 7:30 p.m. at YCU Place. Celebrate Shunka's 30th anniversary with a night of traditional Ukrainian dance. With original music, set and costume designs from the National Dance of Ukraine. Tickets at [tourism.ca](http://tourism.ca).

**Mix Tapu**  
March 29, 7:30 p.m. and March 30, 2 p.m. at Broadway Theatre. Presented by Newman Souths Glen Club. A concert of popular pop, rock and country hits from the 1960s and '70s. Tickets at 309-568-9932, [mixtapu.com](http://mixtapu.com).

**Reddy's Spring Multidown Cabaret**  
March 29, 9 p.m. at St. Patrick's Parish Hall, 3339 Central Ave. Featuring Reddy's. Tickets at 306-362-3165, [reddy.com](http://reddy.com). Proceeds will support the Night Walk, supporting the

Lukemia and Lymphoma Society.

**Earth Hour Concert**  
March 29, 8 p.m. at Louis' Pub. Acoustic carbanitas community concert. Featuring Dean Tobolski, Silent Sea and Jason Miller.

**Cerco and Play Concert**  
March 30, 2 p.m. at Saskatoon Symphony Community Centre, 408 20th St. W. Featuring musicians from the Saskatoon Symphony Orchestra and members of The Joy of Jamin.

**Nerlyn Joseph**  
March 30, 7 p.m. at St. John's Cathedral, 1114 Spadina Cres. E. The singer-songwriter performs a mix of folk, rock, soul, folk-rock and Americana. Tickets at 306-362-3165, [nerlyn.com](http://nerlyn.com). Proceeds will support

the Outreach Committee of St. John's Cathedral.

**The Big Swing**  
March 30, 3 p.m. at Quince Theatre in the U of S. A musical production. Tickets at the door.

**Serve Dance Festival**  
March 30, 7 p.m. at 243 Third Ave. S. Presented by Sova Billinary Co. Featuring their 2014 fall/winter collection. With acts by: Miller, Shanti Hingray and other Saskatchewan designers and artists. Applications and via. Tickets at 306-365-3305, [www.sovadance.ca](http://www.sovadance.ca).

**Taught It's Poetry**  
March 30, 8 p.m. at the Basement, 202 Fourth Ave. W. Featuring Poetry Slam w/ P/NK Shadowrunner.

**Home Care: Public Forum**  
March 31, 1:30 p.m. to 4 p.m. at Wesleyan Centre. Home Care in the U.S. of S. A public forum. Tickets at the door. For more information, contact: [306-368-9939](mailto:306-368-9939), email [306-368-9939](mailto:306-368-9939), or visit [www.saskatoonhomecare.ca](http://www.saskatoonhomecare.ca).

## # FAMILY

**Parent and Tot Yoga**  
Wednesday at the Farmers' Market at 10 a.m. Led by Diana Stanger and her co-ordinator for parents with children ages 15 months to three-and-a-half years old. Admission is free with a suggested donation to Virginia Yoga for Youth. Bring a mat and snacks.

**Market Mail Children's Play Centre**  
Daily just off the food court at Market Mail. This play area is free and has different level slides. Children must wear socks in the play area.

**Stars and Stripes**  
Wednesday, 1 p.m. at Centre Cinema in the Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and a stroller parking in select theatres.

**Singing with Sylvia Music Classes**  
Wednesday March 26 to April 16, 10 a.m. to 11:45 a.m., at John Deere School. Four-week sessions for kids ages three to five. With music, action rhymes, puppets and instruments. To register call 306-493-2968.

**Neonatal Knowledge: Breastfeeding Class**  
March 26, 9:30 a.m. to 11 a.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Taught by lactation advisors and mothers. Newborn and 2nd born. Learn how to get off to a good start with breastfeeding in the first few weeks. Partners and other support people are encouraged to attend.

**Fun Fantasy Indoor Playground**  
Daily at 1633C Quebec Ave. A giant indoor playground for young children. Adults and children over 12 years are free. There is a separate fenced-in area for children under two.

**Children's Play Centre**  
Early at Lawson Heights Mall. A fun, safe environment for pre-school aged children to play. Please note that this is an adults' only play area and children must play with and supervise children at all times.



# EVENTS

## Scoters

Thursdays, 9 a.m. to 11 a.m., October to May, at Elmwood Baptist Church, 1634 Acadia Dr. Parent supervised playgroup for kids ages two to six. Indoor play equipment, games, coloring, dress-up, coffee/tea for parents. Registration on arrival. Call 477-1235.

## Movies for Moments

Thursdays, 1 p.m., at Rainbow Cinema in The Centre. An infant-friendly environment with reduced sound, shorter topics, bottle warming and stroller parking.

## Shoe'n'Stroll

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at the mall at Lawson Heights. Classes consist of power walking, body-sculpting moves using exercise tubing and a healthy dose of socializing for parents and babies. [www.mallandstrollfitness.com](http://www.mallandstrollfitness.com). No classes on stat holidays.

## Coffee Time for Mom

Fridays, 10 a.m. to 12:30 p.m., at Stoddard Bobbidi Boo, 11-700 Central Ave. Moms enjoy a free cup of coffee while children play in the playroom.

## Kidz Talk at SPL

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m., at Ceryle King Branch and JM Wood Branch, and Thursdays, 10:30 a.m., at Cliff Wright Branch. Half-hour sharing and games, then mingle with other parents.

## Craft and Story Time

Saturdays, 3 p.m., at Innes Books, 3333 Elgin St. E. in the Innes Centre.

## Something on Sundays

Sundays, 2 p.m. to 4 p.m., at the Mendel Art Gallery, 100 Spadina Ave. Free family fun for ages four to 12, including



The Playwork and Parenting Health Centre offers parent-led classes Mondays, 8 p.m. to 7 p.m.

companied by an adult. Non-changing art-making activities led by gallery artists. Supplies are provided. March 30, make and trade art cards inspired by those Nelson's monkey sculptures.

## Prenatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 243 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Kid-friendly class with a certified yoga teacher. Most suitable for four weeks to two years postpartum. No class on stat holidays. To register visit [www.mississauga.ca/burnetnancy](http://www.mississauga.ca/burnetnancy).

## Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting

Health Centre, 243 Third Ave. S. Strengthen your body and mind in preparation for birth. Taught by a doula and certified yoga teacher. Informative and safe for any stage of pregnancy. No class on stat holidays. Call 306-251-0443 or email [info@pregnancy@yag.ca](mailto:info@pregnancy@yag.ca).

## Drop-In Playgroup

Mondays to Fridays, 10 a.m. to 11:30 a.m., at Hawk Ridge, 16300 Central Ave. With a set area, kitchen and shopping carts, puppet theatre, stage and exits. To book for preschool, call day centres or groups larger than three adults, or to check for availability, call 306-384-4791 or email [info@newsworld.ca](mailto:info@newsworld.ca).

## Stoddard Bobbidi Boo Playgroups

Mondays to Fridays, 10:30 a.m. to 4:30 p.m. and late night

Thursdays at Elks Lodge Hall, 3-1705 Central Ave. With a set area, kitchen and shopping carts, puppet theatre, stage and exits. To book for preschool, call day centres or groups larger than three adults, or to check for availability, call 306-384-4791 or email [info@newsworld.ca](mailto:info@newsworld.ca).

## Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Green-Woodview United Church, 321 Pinchase Dr. Hosted by Prairie Hearts Learning Community, a group of families inspired by Waldorf philosophy. Programing will be social at children ages two to five, but all ages are welcome. **Breastfeeding Cafe** Tuesdays, 10 a.m. to 11:30 a.m., at Woodbine Primary Health Centre, 3311 Fairlight

Dr. Adropin in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

## Preschool Story Time

Tuesdays and Fridays, 10:30 a.m. to 11 a.m., at McNally Hall, 3900 Highway 10 E. For children ages three to five in the Circle of Trust. For information call 306-953-1427.

## Nash's Playgroup

Tuesdays and Wednesdays, 9:15 a.m. to 10:15 a.m., at Millbrook Valley United Church, 321 Pinchase Dr. For children up to age five. For information email [amw@nashsplaygroup.ca](mailto:amw@nashsplaygroup.ca).

## Read & Paint

The first Tuesday and Wednesday of each month, 1 p.m., at Wet Paint Gallery, 5-3110 Eighth St. E. Suitable for ages two to four. Each month features a different story. Followed by a related painting project.

## Stay and Play

Tuesdays, Wednesdays or Thursdays at Louise St. Community Church. For children up to age five. Sewing, quilting, crafts, games, story time, toys, activities. Call 334-5823.

## PRICES & KIDZ! Sackalopes

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. The programs involve an atmosphere for students to build unique creations, play games and have fun using LEGO! bricks. The activities are designed to trigger young children's brain imaginations and build their self-worth. [www.kidsinkids.com](http://www.kidsinkids.com) or call 306-579-2349.

## Saskatoon Public Library Programs

Ongoing daily programs for

children and families. Find the calendar at [saskatoonlibrary.ca/node/1076](http://saskatoonlibrary.ca/node/1076).

## # THEATRE

### Stop Kiss

March 27-30, April 3-6, 8 p.m., at The Refinery. Presented by Live Five Independent Theatre. Produced by Emma Theatrical. The story of two young women whose friendship slowly blossoms into something more. A kiss unleashes a violent reaction that threatens everything. Tickets at 306-493-5191, [ontheboards.ca](http://ontheboards.ca).

### Cotton Patch Gospel

March 28-30 at Green-Woodview United Church. A musical presented by the 10th Street Players. Tickets at 306-853-1188.

### Our Country's Good

Runs to March 29 at Douglas Theatre in the U of S John Mitchell Building. In 1789 Australia, a play is proposed to celebrate the king's birthday, but who would perform it? The unexpected criminals, of course. Tickets at 306-946-5188.

### Emancipation

Runs to March 30 at Persimmon Theatre. A political thriller that explores the intersection of art, politics, morality, truth and history. Tickets at 306-384-7727, [persimmontheatre.org](http://persimmontheatre.org).

### Peep Atkinsons

April 1-7 p.m., at Broadway Theatre. A world premiere drama exploring the struggle to survive, and even thrive, in the strange and unpredictable world of Saskatchewan. Created by U of S students.

Send listings or a brief summary of your listings. Listings will be printed in space provided.

# SHARPEATS

See a food trend you think deserves a highlight in Bridges?  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)  
or visit Bridges on Facebook.

# SASKATCHEWAN FOOD TRENDS

## Get off the buffet line for South Asian food adventure

By Jenn Sharp

The quality of South Asian food in Saskatoon and Regina can be quite tasty at times.

I'll never forget the Indian buffet that advertised "authentic Indian cuisine."

While I realize expecting decent quality food on a buffet line is a bit of an oxymoron, this food was startlingly bland and greasy. The worst part was when the hot rice arrived at my table: it was so piping-hot that it scorched skin from Superstition (I know because I've brought it before). Guess those talking to the manager, I was told that yes, everything was just "ordinarily authentic" and his chef was even from India. Right.

That experience aside, there are some really great Indian buffets. My favourite in Saskatoon is a place serving Pakistani and Indian food called Kalash Kiosk, in Regina it's De India Curry House in Victoria. There are a lot of choices at both cities — it's so popular in Regina there are five restaurants within a three-block radius on the same lot. But to truly experience South Asian food at its finest, you have to get off the buffet line.

I'd heard great things about Guru May Grill Indian Bistro in Regina. The best part, was that they don't offer a buffet — an oddity in Saskatchewan, but one I appreciate.

Owner Parveen Singh explained his reasoning: "It's hard to control the quality and keep food fresh. It's hard to know how much food to prepare."

Gourmet Grill is a cosy and intimate spot — don't come here for a private celebration but do come for the food. When asked which dish he would recommend, my server got very excited about the Spatch. Passer and the good reason — it's one of the best I've had anywhere.

The Spicy Masala Lamb was on the only side but this restaurant and lamb-based dish from South India was excellent. I wouldn't expect



A variety of dishes from Guru May in Saskatoon. (Clockwise from top left)

or it spacy but you may disagree.

The best part for me was the Roasted Chana Tikka, unexpectedly firm, roasted, cabbage cheese cubes marinated in a mild yellow curry and served with spicy mint chutney.

Spicy later brought out a sample of Aloo Tikka, a potato and green pea poutine with a mint and tomato chutney that's topped with yogurt. (I know called the dish "sassy" in her Taste Regina column. In the

Leader-Post last year, and it was just that. If you go, please try it.

Several Indian and Bangladeshi friends recommended Magal Daman, Imperial Cuisine of Pakistan for the best and most authentic eats in Saskatchewan. Unfortunately, the 10th Street restaurant is closed for kitchen renovations. Spicy life was my second choice — the popular Eighth Street institution opened a second location on Third Avenue last year.



Crispy Tikka from Guru May in Regina. (Clockwise from top left)

# SHARP EATS



The Spicy Lentil-Misoal and Spinach Paneer from Gateway Grill are flavorful and first-time tasters' favorites. PHOTOS BY JANE GRADE

The downtown location does a brisk Indian business — one before noon if you want first dibs at the piping-hot buffet line.

I opted for a la carte. A deliciously seasoned and moist Chicken Makhani Tikka, Bhindi Masala, saag paneer and Panner Vindaloo. I was asked which spice level for each dish and gave "spicy" a try for the vindaloo, a tremendously spicy dish anyway. While it definitely wasn't anywhere close to some of the spicy food I ate in India last year, the complex flavors were

enough to make me want to lick the bowl.

The best thing about Indian food, which also turns some people off of it, is the multiple spices used and their mingling flavors. It's of ten hard to pinpoint what exactly you are getting in your mouth as so many of these spices aren't used in traditional Canadian cuisine. It all makes for an excellent food adventure so get out there and give it a try. And then tell me all about it. [jane@theftspings.com](mailto:jane@theftspings.com)

## 29TH ANNUAL VEGETARIAN BANQUET

Sponsored by the Hindu Society of Saskatchewan. An elegant evening of fine Indian vegetarian cuisine and entertainment.

Saturday, March 29, Provincial Park, 5:30 p.m. Seating at \$30 p.m., \$65 adults, \$35 seniors and students, \$40 10 and under. For tickets contact Anu Kashyap at 306-383-0394 or Leela Sharma at 306-383-7737.



Spicy Bite: a Spicy Misoal, baby fingers with onion, tomatoes, ginger and garlic sauce.

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43rd St. E. &amp; 1st Ave. N. (2 blocks N. of Circle Dr.)

Sundays Noon-4:30 pm

NO CREDIT CARD	APPL. WORLD
Can Referral	
APPL. WORLD	
1st dist. unit	

appliance

955-1444

4th St. E. &amp; Goodwin Ave. Behind Cava Restaurant

Sundays Noon-4:30 pm

# SAMSUNG LAUNDRY

**COMING  
APRIL 2014**



WA56H900  
6.5 CU. FT.  
DIRECT DRIVE  
AQUA JET  
STEAM WASH

DV56H9000  
9.5 CU. FT.  
STEAM DRY  
DRYING RACK  
DRYER LIGHT

REG '\$2999  
**\$2499**

**MEGA SIZE  
LAUNDRY PAIR!**

**SAVE  
\$300**  
TOP  
SELLING  
STEAM/  
STEAM  
LAUNDRY  
PAIR



6.5 CU. FT.  
DIRECT DRIVE  
13 WASH CYCLES



9.5 CU. FT.  
STEAM  
STAINLESS STEEL  
DRUM

FRONT LOAD  
**\$1799**

DA16F0000WA56H900  
FRONT LOAD  
**\$1599**



6.5 CU. FT.  
WASHER

7.5 CU. FT.  
STEAM DRYER

## TOP LOAD LAUNDRY



WH00000000  
TOP LOAD WASHER  
**\$699**  
3.3 CU. FT. TOP LOAD  
WET AND PURE CYCLE



DA16F00000  
DRYER  
7.5 CU. FT. MILD DRY  
CYCLE  
**\$599**

## SAMSUNG DISHWASHERS



DA16F0000  
DISHWASHER  
STAINLESS FINISH

REG '\$899  
**\$699**

48DB QUIET MODE,  
8-STAR QUALIFIED,  
TOUCH CONTROLS AND  
DIGITAL LEAK SENSOR AND  
HARD FOOD DISPOSAL



DA16F0000  
DISHWASHER  
STAINLESS

REG '\$1099  
**\$799**

48DB QUIET MODE, 8-STAR  
QUALIFIED, STORM WASH,  
HALF LOAD, DELAY START,  
LEAK SENSOR AND  
ONE TOUCH ADJUSTABLE  
UPPER RACK

Card Offer	APPLIANCE WORLD	10%
Phone Website		10%
Gift Area		

appliance world  
**242-8363**  
43rd St. E. & 1st Ave. N. (2 blocks N. of Circle Dr.)  
Sundays Noon-4:30 pm

Gift Card Offer	10%
Card Redeemed	10%
Gift Card Offer	10%

appliance  
**955-1444**

8th St. E. & Goodwin Ave. Behind Cafe Restaurant  
Sundays Noon-4:30 pm